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T2T Script for 'Stop and Drop'

Let's begin the lesson with a short meditation to help us to feel calm and alert. Stop what you are doing. Sit up straight in your chair, with your feet firmly on the ground and your hands resting on your lap. Gently close your eyes or lower your gaze,

Drop your attention now away from your busy mind and all of your thoughts, down to your breathing. Notice your stomach gently rising and falling. Don't try to change your breathing, just notice the air gently filling your chest and stomach.

Drop your attention even further down now, right down to your feet. Feel your feet connected to the ground underneath you.

Keep your attention in your body now for a little while longer. Imagine your breath going right down to your feet, as if your whole body is breathing. Notice a gentle feeling of warmth and relaxation spreading right through your body, right from your feet up to the top of your head. Take a few more moments to enjoy this feeling.

Now it's time to gently open your eyes. Do some neck rolls and remember to stop and drop like this regularly during the day.